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Parragon, United Kingdom, 2016. Hardback. Condition: New. Language: English . Brand New Book. Nuts are packed with nutrition. They are full of the protein, fibre, vitamins, minerals and healthy fats that help you curb your appetite, protect against heart disease, lower cholesterol and reduce your risk of developing cancer. Every nut has its own nutritional package, and with so many types - from walnuts and pecans to pine nuts and brazils - the combinations are endless. Some recipes included in...

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- Authored by -
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